

Jérôme Zenastral

Centaurs in Astrology



Forces of Rupture and Refocusing

BY THE SAME AUTHOR

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CONTENTS

Preface	7
Introduction	9
Chiron: <i>The inner breach, shared resilience</i>	11
Chiron in a sign	15
Chiron in a House.....	33
Nessus: <i>The liberating power of deconditioning</i>	43
Nessus in a sign	47
Nessus in a house	61
Pholus: <i>The guardian of sacred balance</i>	69
Pholus in a sign	71
Pholus in a house.....	87
Conclusion.....	97
Bibliography.....	99

Preface

Astrology is not a closed language. It breathes, expands and constantly renews itself as our inner vision becomes more refined. It does not describe influences from the heavens, but a web of synchronicities that reflect the inner movements of consciousness.

The stars, planets and asteroids are not causes, but mirrors: each reveals a tone of the psyche, a field of force or transformation that we can recognise and integrate.

Centaurus fit into this broader perspective. Neither major planets nor simple asteroids, they occupy an intermediate zone—between order and chaos, between reason and instinct, between the conscious and the unconscious. Their dual nature, half-human, half-animal, reflects their function: that of mediators between two planes of being. They do not merely describe inner states or gifts, as Juno, Pallas, Vesta and Psyche do; they reveal the transitions, fractures and shifts that allow consciousness to refocus and expand. Where asteroids evoke structuring virtues—loyalty, lucidity, interiority, discernment—centaurs embody processes of crisis and transformation. They represent forces of rupture and healing, which destabilise in order to awaken.

This book explores three of these essential figures: Chiron, Nessus and Pholus.

Chiron speaks to us of the inner breach, the one that opens onto shared resilience. He represents the wound that

connects, the passage through pain as a path to humanity and consciousness.

Nessus teaches us radical lucidity. He highlights the legacies and conditioning transmitted unconsciously, and invites us to break the chains of repetition to rediscover a living freedom.

Pholus reveals the tipping point between the sacred and the profane, the fragile moment when a simple decision can turn everything upside down. He embodies the vigilance of the centre, the ability to remain conscious in the face of the world's demands.

Through these three forces, a more inner map emerges: not that of destiny, but that of transition. The centaurs mark the moments when consciousness shifts, when certainties crack, when wounds, ruptures or hesitations become springboards to a greater presence. They do not ask us to believe, but to observe — to welcome within ourselves the very movement of metamorphosis.

This book is part of an approach to mindfulness applied to astrology. It does not seek to confine the reader to ready-made definitions, but to offer avenues for reflection, resonances, openings. Centaurs do not predict anything: they reveal what, in each of us, seeks to unify. They remind us that awakening is not a state to be attained, but a continuous movement—that of a consciousness that discovers itself at the very heart of its fragility, and chooses, again and again, to return to the centre.

Introduction

Centaurs are neither classic asteroids, nor planets, nor planetoids in the strict sense:

- they are **unstable bodies**, often referred to as **comets in the making**.
- Their orbits cross those of the giant planets (Jupiter, Saturn, Uranus, Neptune), making them "passers" between worlds.
- Their name refers directly to the mythology of **centaurs**, hybrid figures, half-man, half-horse, embodying the contradictions between instinct and consciousness.

Centaurs occupy a unique place in the astrological sky. Discovered at the end of the 20th century, these celestial bodies with unstable orbits are neither simple asteroids nor true planets. Both wandering stars and comets in the making, they cross the spheres of the giant planets, like messengers crossing the boundaries between worlds.

Their name links them to the centaurs of Greek mythology, creatures that are half-man, half-animal, embodying the tension between wild instinct and the quest for consciousness. From Chiron, the wounded healer, to Pholus, the revealer of what escapes us, or Nessus, the poisoned shadow that forces us to change, each centaur seems to invite us to face our own contradictions.

In mindfulness astrology, Centaurs are not stable forces like planets, nor are they inner nuances like asteroids.

They are points of transition, places of crisis and metamorphosis. They shed light on those areas of ourselves where the old world no longer works, but where the new has not yet been born.

Studying Centaurs is therefore exploring the initiatory breaches that run through our lives, those moments when suffering, loss or disorientation paradoxically become thresholds to a broader consciousness.

We will explore this unique constellation of symbols, starting with **Chiron**, the best known and already widely studied, then we will reflect on Pholus, Nessus and other emerging figures. For as astronomy discovers new Centaurs, astrology gains opportunities to refine its reading of transition zones, where humans discover their fragility and yet are called to transform themselves.

Chiron: *The inner breach, shared resilience*

Chiron provokes nothing. It does not hurt, heal or influence. Through the synchronicity of the astrological chart, it symbolises a living force within us, often dormant: that of shared resilience. Wherever Chiron is located in our chart, it highlights an inner space of fracture, a threshold not yet crossed, a point of tension between our human condition and a broader consciousness seeking to emerge.

Chiron is a key. Not an external key, but a key that is already there, within us. It designates the symbolic place where suffering, when welcomed with full awareness, becomes a passage. It is precisely at this point of vulnerability that a breach opens up – not a wound to be closed, but an opening to being. Suffering is no longer a mistake or an accident to be corrected, but a call to presence, a moment of awakening that cracks the defences of the ego.

Through the process of resilience in the face of our own suffering, a breach opens within us. And this breach is not a simple scar: it is a point of contact with something greater than oneself, a broader consciousness, which the ancients called the Self, and which transpersonal astrology evokes through Uranus, Neptune and Pluto. Chiron, through its position in the chart, signals the place where our personal history reaches its limits, where an opening becomes possible.

This passage is not an individual achievement. The strength symbolised by Chiron is not meant to elevate us

alone, but to connect us to others. For where we have suffered and endured, where we have delved deep within ourselves to emerge more conscious, we become capable of supporting others on their own path. This is shared resilience. Not a lesson to be taught, but a presence to be embodied. Wisdom born of experience, not words.

Chiron's path is that of accepted humanity. It does not seek to eliminate our flaws, but to inhabit them fully. What Chiron points to in the astrological chart is our potential to transform our vulnerabilities into resources of consciousness, not by controlling them, but by allowing them to pass through us with lucidity and gentleness.

Thus, Chiron in a chart is not a celestial influence, but the symbolic reflection of an inner dynamic, a living process that we carry within us. Understanding Chiron means recognising that what hurts us is also what connects us to others. And that our inner journey, far from being a private matter, becomes a gift to offer.

What Chiron points to in the astrological chart is not an external influence, but an inner space: one where suffering, once embraced, ceases to isolate us and becomes a passage to a broader consciousness.

As this consciousness flows through us, compassion arises naturally. Not as an external feeling of ' ' to be cultivated, but as a natural resonance. When the breach opens, it is not only a wound that heals: it is a connection that is re-established with life, with others, with the world. We no longer feel the need to protect ourselves or appear

invulnerable. On the contrary, we feel that our experience can be useful, not because it is exceptional, but because it is human, true, embodied.

We naturally feel the need to share, not to fix the other person, but to bear witness to what is possible, to offer a presence, a word, a silence, a look that says: *you can do it too*.

Chiron symbolises this force within us: the force of shared resilience, which does not seek to impose itself but acts through resonance. In a world searching for meaning, one of the greatest gifts we can reveal is this ability to respond to the silent call of consciousness, which seeks to open a breach within us through the language of suffering. When we welcome this opening, consciousness unfolds and, with it, a living, natural compassion arises, asking only to be shared.

Chiron in a sign

The sign in which Chiron is located symbolises the vibratory quality of the inner breach. It indicates the particular way in which suffering has been experienced or is likely to be experienced — not as a factual event, but as a psychic climate and existential feeling. This sign gives an emotional, mental or energetic colour to this vulnerability: it expresses the form taken by the threshold between our personal history and the consciousness that seeks to emerge. It suggests how the silent call of consciousness manifests itself through suffering, how we resist it, but also how we can respond to it and then share it. It is the tone of the path of resilience, the language of fracture as much as that of presence.

With Chiron in Aries, the inner breach takes the form of a stifled vital fire, a wounded impulse of affirmation. You may feel a diffuse tension between your need to exist fully, to throw yourself into life, to conquer it — and an inner restraint that is difficult to pin down, as if every impulse were crossed by a silent doubt, a fear of not being legitimate or of failing to exist in your full radiance. The psychological climate of this wound colours your relationship to spontaneous action, initiative, and self-assertion: sometimes through excessive combativeness to mask the flaw, sometimes through inhibition hidden behind appearances of strength. The suffering here is not so much in the facts as in the feeling of never being able to be fully yourself without conflict or justification. And yet, it is precisely through this vulnerability that consciousness seeks to emerge. By daring to respond to this

call, by welcoming this flaw not as a weakness but as a passage, you open a path to authentic presence. When you embrace and share your resilience, it becomes a calming fire, an inspiring impulse for others who are also seeking to rediscover the simple joy of wonder by daring to be themselves.

With Chiron in Taurus, the inner breach opens up in your relationship to security, stability and value — whether material, physical or emotional. You may feel, often in a diffuse or persistent way, a fundamental insecurity, as if something essential is eluding you despite your efforts to anchor yourself. This suffering is not always visible or spectacular: it manifests itself subtly through a fear of loss, a difficulty in letting go, or a feeling of inadequacy related to what you possess or embody. In this vibrational tone, the call of consciousness comes through a painful relationship with matter or attachment: you are invited to feel, in the depths of this fragility, an opening towards another form of fulfilment, more internal and more free. There may be resistance to this call, as it seems to challenge what you hold dear or what reassures you. But it is by crossing this gap with lucidity that you touch your true value, independent of all possessions. Your path to resilience then involves reconciling yourself with slowness, with the sensuality of the present, with cultivating—within yourself and around you—a richness that cannot be possessed. By sharing this experience, you become an anchor for others: a living reminder that true security comes from the intimate harmony between the body, the earth and consciousness.

With Chiron in Gemini, the inner breach opens up in your relationship with communication, understanding and lightness of being. You may have experienced — or may still be experiencing — a form of suffering linked to the feeling of not being understood, heard or able to clearly express what is inside you. It is not so much an objective inability as a deep feeling of inadequacy, as if your words fail to convey your truth, or your thoughts struggle to settle and connect fluidly. This fracture can also arise from an overload: an excess of information, demands or questions that scatter your attention and generate chronic nervousness. In this inner atmosphere, the call of consciousness invites you to slow down, to get to the heart of the right word, to give your speech a more embodied dimension. You can resist this by increasing your activities or escaping into frivolity to avoid the vertigo of silence. And yet, this is where your tipping point lies: in the moment when speech becomes presence, when intelligence becomes listening, when thought connects with the essential. Your path to resilience lies in reconciliation with grounded communication, with an inner curiosity, with a cheerfulness that is no longer scattered but offered. By sharing this awareness, you become a conduit: someone who knows how to connect people through living words, reminding them that exchange, when it comes from the heart, heals.

With Chiron in Cancer, the inner breach is woven into the very fabric of sensitivity, the need for attachment and emotional security. It is not necessarily a traumatic event, but a deep existential feeling: that of an inner emptiness, a lack of comfort or a feeling of emotional abandonment.

This emptiness may date back to childhood or arise later in life, like an echo of a lack of tenderness, human warmth or a sense of belonging. The wound here affects the connection to intimacy, to a sense of security, to the feeling of being accepted for who we are.

This suffering acts as a silent call from the conscience: it whispers to you that at the very heart of this vulnerability lies a precious strength — that of deep listening, unconditional acceptance, and non-judgmental gentleness. Yet it is tempting to resist this: by withdrawing into oneself, idealising a lost past or indulging in a form of melancholy fuelled by unfulfilled expectations. One can search endlessly for a protective elsewhere, a healing being, a safe place, without ever feeling fulfilled.

But the path to resilience lies in accepting this breach as a sacred space, not as a void to be filled. By connecting with this wounded part of yourself without identifying with it, you learn to become your own refuge. You discover that true security does not depend on circumstances, but on the presence you can embody — for yourself and for others. When this awareness is shared, you become a source of comfort for those who suffer in silence. Your mere presence can create a space of peace, intimacy and gentleness. You remind others that sensitivity is not a weakness, but a royal road to fulfilment. You offer the world a lucid tenderness, capable of consoling without closing yourself off, loving without attaching yourself, and healing without erasing.

With Chiron in Leo, the inner breach manifests itself in the sphere of recognition, creativity and self-assertion. The suffering is not necessarily visible to others, because it nestles in the very heart of the desire to be seen, loved and admired for who one is, and not for what one shows. It often takes the form of a feeling of inner invisibility: the impression of not being recognised for one's uniqueness, of not shining brightly enough to deserve love, or, on the contrary, of having to constantly overcompensate in order to exist in the eyes of the world.

This wound can generate an intense need for validation or a fear of failing to 'measure up'. The psychological climate is then permeated by doubts, mistrust of one's own light, or a painful withdrawal behind a proud or brilliant exterior. One may seek to hide one's vulnerability behind a mask of strength or grandeur, while secretly fearing that one has no real value.

But this flaw is also the threshold through which consciousness seeks to emerge, not to flatter the ego, but to awaken a sincere inner light, a capacity for radiant self—that no longer depends on the gaze of others. Resilience here takes the form of learning accuracy, of unconditional self-love that no longer seeks applause, but seeks to be true. By responding to this call, we discover that true splendour does not impose itself: it inspires.

Chiron in Leo thus invites us to transform a wound of identity into a creative force offered to the world. When personal light is embraced without pride, it becomes a generous radiance. And this is precisely where resilience becomes sharing: by daring to be vulnerable in our own

expression, we give others permission to exist in their truth.

You then become a conveyor of trust, a being capable of bringing out the beauty in others without ever overshadowing them. Through your simple radiance, you illuminate the wounded paths of other hearts in search of recognition, and you remind them that true greatness is not about being admired, but about touching the heart of one's own humanity.

With Chiron in Virgo, the inner breach manifests itself in your relationship with order, usefulness and fairness. The suffering here takes the form of a feeling of constant imperfection, a difficulty in feeling up to what you demand of yourself or what you imagine the world expects of you. It can express itself through severe self-criticism, chronic dissatisfaction, or hypervigilance to the smallest details of your behaviour, appearance, or actions.

This inner tension is a sign of a silent call from your conscience: something within you is seeking purity, not in the moral or rigid sense of the word, but as a deep alignment with what is right, sober, true and essential. What you experience as a flaw or failure may simply be a crack through which a more subtle perception of life is trying to find its way. You resist this call by trying to control everything, fix everything, explain everything, but this control sometimes becomes an obstacle to inner listening.

The path to resilience here is to embrace the uncertainty and irrationality that life presents you with, to stop trying to understand or correct everything, and to recognise that perfection is not a state, but a quality of presence. Chiron in Virgo invites you to make your sense of service an act of consciousness, not submission; to transmute anxiety into attentiveness, and perfectionism into sensitivity.

By humbly accepting your vulnerability, you become a calming reference point for others, not because you have the solutions, but because you embody a sober, discreet and deeply human presence. Shared resilience manifests itself here in the ability to reconcile humanity with imperfection, to convey that true care does not come from accuracy, but from an attentive heart, free from judgement and ready to listen. You then become a craftsman of clarity, a silent witness that true purity is that which rejects nothing, but knows how to include everything in the circle of life.

With Chiron in Libra, the inner breach opens up in the sphere of relationships, of connection to others, of the search for harmony. You carry within you a keen sensitivity to anything that threatens balance, whether emotional, affective or social. Suffering does not necessarily present itself as a dramatic event, but as a diffuse tension: the feeling of never quite being in the right place in the eyes of others, of constantly having to adjust yourself to deserve love, peace or recognition.

This wound affects your image, your value, your deep harmony with yourself in the mirror of otherness. It can

manifest itself in chronic uncertainty in your relationship choices, in a fear of displeasing or disturbing others, or in a tendency to forget yourself in compromises that do you a disservice. Consciousness knocks gently but firmly at the door of your heart, inviting you to stop seeking harmony outside yourself and start cultivating it within, even if this involves breakups, temporary imbalances or uncomfortable decisions.

You sometimes resist this call by seeking apparent peace at all costs, putting your truth on hold in the name of an illusory agreement. But in doing so, you betray what is right in favour of consensus, and the wound persists. The path to resilience then consists of daring to refocus, to find a point of balance that no longer depends on external approval, but on a solid, tranquil inner agreement with yourself, anchored in your own sense of truth.

Chiron in Libra invites you to become the architect of a living, unfrozen harmony—a harmony that integrates tensions without fleeing from them, that dares to be frank instead of complacent. Your suffering enables you to sense subtle dissonances in human relationships, and this gift, once recognised and integrated, allows you to guide others towards truer, fairer, more humane relationships. By learning to welcome the shadow in the quest for unity, you become a witness to embodied beauty, a bridge between what separates and what unites, a lucid heart in the service of connection.

With Chiron in Scorpio, the inner wound touches the deepest and most intimate areas of the being: those of loss, control, betrayal or abandonment. It does not necessarily manifest itself through a dramatic event, but is often experienced as a dull existential pain, a buried feeling, an invisible flaw around trust, fusion, or loss of power. It is a vibrant, hidden, intense breach — an inner abyss that consciousness seeks to visit without necessarily finding the way.

This placement suggests suffering linked to the impossibility of surrendering completely to life. The fear of being destroyed, dominated or annihilated creates permanent tension, a resistance to letting go, as if surrendering were equivalent to dying. Chiron in Scorpio makes the person hypersensitive to power games, unspoken words, emotional or sexual vulnerability, and can create a climate of suspicion or emotional mistrust. One controls in order not to be destroyed. One manipulates in order not to be rejected. One keeps everything inside in order not to suffer more.

Consciousness strikes here through forced crises of transformation, necessary losses, and confrontations with the symbolic death of certain identities, illusions, and securities. The pain experienced invites an inner alchemy: descending into the shadows to extract a greater, more authentic light, no longer based on control or revenge, but on the naked truth of being.

The path to resilience requires the ability to pass through darkness without becoming stuck in it, to welcome fear,

rage, jealousy or shame without identifying with them. It requires a profound process of stripping away: daring to die to what was in order to be reborn to what can be. This letting go is not weakness but power. It transforms wounds into wisdom, anxiety into lucidity, resentment into healing power. It is through this journey that you become a guide to the depths, a sincere witness to reality, a catalyst for transformation for others.

Chiron in Scorpio enables you to understand the truth of unhappiness at its deepest roots. And it is because you yourself have felt the vertigo of inner destruction that you can reach out to those who are immersed in it. Your resilience is not a lukewarm, soothing ' ', but an ardent rebirth, an underground fire that illuminates and transmutes.

With Chiron in Sagittarius, the inner wound touches your relationship with truth, meaning, and the big picture. It can manifest as an existential difficulty in finding a common thread, a coherence between life experiences, intimate convictions, and external reality. This placement evokes a breach in your confidence in what is supposed to connect, elevate, or give meaning. Perhaps you have been wounded in your fundamental beliefs, in your need for guidance, or in your quest for a higher ideal. Or perhaps you have felt the humiliation of not being recognised in your need for expansion, escape, or inner freedom.

This fracture often takes the form of a deep doubt about the legitimacy of your aspirations. Your inner climate may oscillate between an intense need to believe and a fear of

blindness; between a desire to transmit, to bring people together, to inspire, and a wound linked to a feeling of imposture, exclusion or spiritual uprooting. The call of conscience then arises at the heart of this tension: it pushes you to search relentlessly, to see through illusions in order to discover a broader, less dogmatic, less possessive truth.

Chiron in Sagittarius signals possible suffering in the face of closed systems of thought, intolerance, and rejection of diversity. Sometimes there is a fear of being deceived, or conversely, a pain of having been the bearer of a discourse that is too rigid, too exalted. In both cases, the call of conscience invites you to broaden your view, not to reach a personal summit, but to include more and more: more cultures, more nuances, more life stories.

Resilience here involves a process of inner openness, deconstructing certainties to rediscover a freer, broader and also more humble faith. It arises from the courage to question what you have believed, to go through disillusionment not as failure, but as a threshold to greater clarity and universality. You can then become a sincere guide, capable of pointing out paths, not to lead others along them, but to offer them.

Your wound makes you sensitive to those who have lost their way, to those who no longer believe or no longer know what to believe in. It gives you the ability to convey wisdom that is not imposed, a vision that is not confined. You then become a conveyor of meaning, not through superiority, but through a deep recognition of what connects, heals and brings people together.

With Chiron in Capricorn, the inner breach affects your relationship with structure, recognition, legitimacy and responsibility. It evokes a psychological climate where suffering crystallises around the feeling of having to prove your worth, of taking on responsibilities or roles without ever being sure you are worthy of them, or of having to build yourself up alone, without real emotional support. There may be a deep sense of inner isolation, as if the ascent of your own life had taken place in cold solitude or in a climate of implicit harshness.

This placement suggests that the call of conscience has taken the form of a compelling need to succeed, to stand tall no matter what, or to control every aspect of your existence. It may be that, at a very early age, you had to give up a certain light-heartedness in order to take on a serious, even adult, role before your time. Suffering here is linked to rigour, discipline and duty: you may have felt that love or security could only be earned through effort, performance or self-sacrifice.

Resistance to this call often takes the form of rigid perfectionism, a need for control, or excessive self-effacement. You may oscillate between feeling that you never do enough and feeling that you have to carry the world on your shoulders. The core of the wound touches the fabric of your inner life: what you have built may seem solid from the outside, but a doubt persists within you about the validity of your foundations, as if everything were resting on constant tension.

Responding to this call of conscience means daring to let go of pressure, restoring gentleness in your relationship with yourself and the world. Resilience comes through the intimate recognition that your worth does not need to be proven. It emerges when you accept that you do not have to carry everything alone, when you welcome your own vulnerability as a sacred space of wisdom in the making. This path does not distance you from your responsibilities or your tasks, but it lightens them by reintroducing presence, kindness, and sometimes even a little tenderness towards yourself.

Chiron in Capricorn makes you sensitive to wounds related to authority, social recognition, and family or institutional expectations. But this wound also makes you a guide capable of understanding those who doubt themselves in silence, those who move forward through discipline but lack inner warmth. You can then become a deeply human figure of support, not by towering over others, but through your ability to show that true strength sometimes comes from humbly accepting your own flaws. Your wisdom does not come from always being strong, but from learning to live fully with your limitations and turning them into a strength you offer to others.

With Chiron in Aquarius, the inner breach affects your relationship with freedom, belonging, originality and human brotherhood. It evokes an existential climate where suffering can arise from feeling out of step with others, as if your way of thinking, feeling or relating is never fully understood or accepted. There may be a feeling of exclusion, inner strangeness, or even loneliness in your

desire for emancipation. The wound then lies in your attempt to remain true to yourself while seeking to belong to a humanity that you often perceive as standardised or confining.

This placement suggests that the call of consciousness has crept into you in the form of a desire for freedom to think, be, create, and dream differently. But this desire may have come up against a rigid world, inflexible environments, or overly narrow social expectations. You may have felt, consciously or unconsciously, that in order to preserve your uniqueness, you had to cut yourself off from a nurturing bond, flee from all attachments, or refuse any form of commitment for fear of losing your integrity.

Resistance to this call often takes the form of emotional detachment, an observer's stance that keeps its distance, or a rejection of norms and belonging to the point of forgetting the warmth of connection. You may have idealised a form of independence which, in your desire to preserve everything, ends up depriving you of real encounters. The divide lies here: in the tension between the need to remain yourself and the deep desire to be part of a whole, to contribute, to vibrate to the rhythm of a common ideal.

Responding to this call means recognising that your freedom is not opposed to union, that it can be experienced in connection, in genuine exchanges, free of constraints but full of meaning. Your path to resilience lies in accepting your difference as a bridge rather than a wall. It is about daring to express your vision of the world, not to

stand out, but to inspire, awaken and open up new perspectives.

Chiron in Aquarius makes you sensitive to all the suffering associated with exclusion, anonymity in groups, betrayed ideals or the loss of collective reference points . But this wound makes you a potential guide for those seeking their place in a changing world. You can become a catalyst for collective consciousness, capable of uniting people around new values, solidarity, or a common project that respects both uniqueness and cohesion.

Your wisdom does not come from belonging, but from your ability to create bonds where they seemed impossible, to make unheard voices heard, and to carry with others the dream of a freer, more open, more fraternal humanity. In this, your wound is also a light.

With Chiron in Pisces, the inner breach takes the form of a diffuse vulnerability that is difficult to pin down, like a background of sadness or melancholy without any identifiable cause, a feeling of inner wandering or absorption in the suffering of others. This placement evokes a psychological climate where pain does not necessarily manifest itself through specific events, but as a general feeling, an existential turmoil, a loss of bearings. You may feel overwhelmed by emotions that do not quite belong to you, or that you are carrying a part of the collective suffering without being able to name it.

It is possible that you grew up or evolved in environments where boundaries were blurred, where you did not know

clearly what belonged to you and what did not. This permeability, typical of Pisces, can become a factor of confusion or exhaustion, as if you had to constantly dissolve into the needs or emotions of others, without being able to refocus. The wound of Chiron in Pisces often arises from a feeling of inner abandonment, a sense of not being sufficiently supported by life, a painful blurring between oneself and the world.

Resistance to this call sometimes manifests itself in an escape into unrealistic ideals, disappointed dreams, or a need to lose oneself in illusory forms of consolation. You may be tempted to sacrifice yourself for causes, people, or ideals that do not truly nourish you, or, on the contrary, to shut yourself away in an inner world where nothing has clear contours. The oscillation between mystical elation and silent despair can then become an intimate struggle.

But the very space that makes you so vulnerable is also the one that opens you up to a broader, more loving, more universal consciousness. Your path to resilience lies in accepting this extreme sensitivity as a gateway to a deeper perception of life. By allowing yourself the right not to always know, not to always understand, you allow yourself to experience the world differently — through intuition, inspiration and silent communion.

Responding to the call of Chiron in Pisces means learning to discern without judging, to welcome without absorbing, to offer your listening without losing yourself. It means turning your hypersensitivity into a force of connection, healing and active compassion. When imbued with

consciousness, your presence becomes a balm for those who suffer from not being seen, heard, or welcomed in their invisible pain.

The confusion you may have experienced is not a failure, but the threshold of expansion. By moving forward in this fog with confidence, you open the way to a form of impersonal love, of silent understanding, which touches beings at their deepest level. You become a channel of consolation, not through your words or actions, but through the inner space you embody.

Chiron in Pisces makes you a discreet watchman on the shores of the invisible, a witness to the unspeakable, a craftsman of inner peace who, by embracing his own grey areas, makes possible the reconciliation between the wounded self and universal consciousness.

Chiron in a house

The house in which Chiron is located indicates the area of life in which the breach opens up. It is not a place of failure, but an existential space where our usual reference points may waver, where a feeling of lack, inadequacy or powerlessness may arise, often repeatedly or diffusely. It is here that consciousness calls out to us through discomfort, excess or emptiness, to bring us back to ourselves. It is also in this area of life that, once the threshold has been crossed, our experience of resilience becomes a resource for others. The house therefore shows where we are called upon to embody a form of conscious presence, a silent solidarity, born of what we have been through.

With Chiron in the 1st house, the inner breach opens up in your relationship to your very identity. From the earliest days of your existence, you may have experienced a feeling of being different, out of step, or even having to prove your right to exist as you are. You may have felt wounded in your spontaneous expression, as if asserting your presence in the world exposed you to pain or rejection. This wound does not necessarily come from a specific event, but from a vague feeling of inadequacy or unsuitability. You may oscillate between the need to assert yourself and the fear of being too much or not enough, between the urge to show yourself and the reflex to hide. Yet it is precisely in this fragility that there is a deep call for a broader, more authentic self-awareness, free from conditioning. By daring to inhabit this fault line in yourself, by ceasing to define yourself according to the

expected or projected image, you become an inspiring presence for others, especially for those who doubt their legitimacy to be. Your path of resilience invites you to make your simple way of being a source of peace, to embody an identity free from comparison, an identity that is fully human in its very vulnerability.

With Chiron in the 2nd house, the inner divide manifests itself in your relationship with value — the value of things, but above all, your own self-worth. You may have gone through periods where material security eluded you or, conversely, where it became an obsessive quest without ever truly reassuring you. This insecurity is not always visible from the outside, but it resonates deeply within you as a doubt about your right to possess, receive, and enjoy what life has to offer. You may feel a tension between the need for stability and a vague fear of missing out, between the desire to create and a mistrust of what you produce. Yet this flaw invites you to redefine the very notion of wealth. It pushes you to explore a value that depends neither on money nor external recognition, but on an inner rootedness, an intimate connection with what drives you. By taming this vulnerability, by reconciling yourself with your ability to both receive and give, you become a source of inspiration for others, a model of simple and full presence, capable of conveying that true abundance comes from a healthy connection to oneself.

With Chiron in the 3rd house, the inner divide lies in the way you communicate, interact, make yourself understood

or connect with your immediate environment. It may be that, from a very early age, you felt a disconnect in your expression, as if your words were never quite right, or that people weren't really listening to you, or that your thoughts remained on the margins of what was expected. This may have led to a form of intellectual insecurity, a doubt about your ability to learn, explain, be heard, or even have something important to say. This feeling of being on the fringes of the dominant language may also affect your relationships with siblings or neighbours, as if there were a lack of mutual understanding. Yet this is precisely where your silent strength lies: this gap gives rise to a subtle listening, a refined way of speaking, an ability to build bridges where others shut themselves away in their certainties. By transforming your wound into attentive presence, you become a sensitive messenger, capable of transmitting not only ideas, but also a vibrational quality in exchange, a way of relating that heals without the need to convince.

With Chiron in the 4th house, the inner breach affects your emotional and existential foundations. You may carry, often silently or diffusely, a wound related to childhood, family or a sense of belonging. Perhaps you grew up in an unstable environment, in a home where love was lacking or not expressed in a nourishing way (), or perhaps you felt like a stranger in your original environment, searching for a sense of belonging that you never quite found. This lack of inner grounding can sometimes create a longing for an ideal home or a

difficulty in feeling fully 'at home', no matter where you live. And yet, it is from this flaw that a deep awareness of inner life can be built. Your path is to recognise that true rootedness does not depend on the outside world, but on an intimate connection with your essential being. You are then called upon to embody a form of reassuring presence for those who are also seeking to connect with their inner origins. Your vulnerability then becomes the breeding ground for a discreet but powerful solidarity, one that offers refuge beyond walls.

With Chiron in the 5th house, the inner wound affects the expression of your individuality, your ability to shine freely and create from a place of authenticity. You may have experienced a feeling of rejection or misunderstanding in your childhood when you sought to show who you were, or you may have deeply doubted the legitimacy of your creative, emotional or romantic impulses. This feeling of never being original, attractive or worthy of love enough may have led you to censor yourself, hold back your impulses or over-adapt. Yet it is precisely in this intimate relationship with creation — whether it be a work of art, a child or a gesture of love — that your path to resilience opens up. By accepting your doubts without identifying with them, you will discover a greater joy and a more authentic creativity, freed from the need for validation. Your journey can then inspire others to express their unique light, not through imitation, but by daring to embrace their own fragile truth.

With Chiron in the 6th house, the inner breach often manifests itself in your relationship to work, your body, and your sense of usefulness. You may have had difficulty finding your rightful place in everyday life or feeling fully recognised for what you contribute. The need to constantly improve yourself, to repair what seems flawed in you or around you, may have fuelled a chronic feeling of inadequacy. It may also be that your body has been a source of fragility, discomfort or misunderstanding, confronting you with a quest for meaning through health or service. Yet it is precisely in this demand for accuracy, in this attention to detail, that you touch on a form of embodied wisdom. By embracing your vulnerability without seeking to normalise it, you become capable of offering authentic, precise and sensitive support to those who, like you, are seeking to make peace with their imperfections. Your way of serving, caring or organising can then become a place of shared healing.

With Chiron in the 7th house, the wound is inscribed in the realm of relationships with others, as if something in the encounter carried both the promise of union and the memory of a flaw. You may have experienced relationships marked by a sense of injustice, incomprehension or inequality, as if otherness awakened in you a pain that is difficult to name. You may have long sought, in the gaze or love of others, the repair of an old lack, or you may have felt vulnerable in the face of commitment. But it is precisely in the space of connection, in this ability to see the other as they are — and not as they

could fulfil your expectations — that a path to awareness opens up. When you stop projecting your wounds onto the relationship, you become a companion capable of listening to the other from a deeply human place. Your vulnerability, once accepted, then becomes a bridge to a form of authentic, fair and restorative presence.

With Chiron in the 8th house, the wound manifests itself in experiences of loss, dependence or profound transformation. You may have been confronted at an early age with situations where you had to let go, face the invisible or deal with the unpredictable in your relationship with others or in the face of the symbolic death of a previous state. Issues of power, control, sexuality or emotional and material sharing may have left a painful mark on you, marked by a fear of dispossession or fusion. But it is precisely in these dark passages that consciousness seeks to awaken you to an unsuspected inner strength. By embracing impermanence and reconciling yourself with the idea that all deep connections involve a form of vulnerability, you become capable of accompanying others through their own difficult times. Your silent presence, nourished by what you have transmuted, then becomes a source of confidence and transformation for those who dare to dive with you into the heart of reality.

With Chiron in the 9th house, a breach opens up in your quest for meaning, in your relationship to knowledge, beliefs or ultimate truths. You may have felt, at one time or another, a difficulty in feeling aligned with a stable or

nourishing worldview, as if any attempt to adhere to a system of thought left you with a feeling of incompleteness or exclusion. Existential doubt, the feeling of not finding your place in the intellectual or spiritual frameworks on offer, or even frustration in your desire to escape or expand may have shaped your path. However, it is precisely in this disagreement with ready-made truths that your calling lies: by daring to recognise the imperfection of all beliefs, you become capable of transmitting a living wisdom, open and free from dogma. Your intimate experience of the divide between the ideal and the real gives you a unique depth to accompany other seekers, not towards definitive answers, but towards a more humble, more direct, more embodied relationship with the mystery of life.

With Chiron in the 10th house, a breach opens up in your relationship to success, your social image, and the way you are perceived in the outside world. You may have felt, sooner or later, a sense of inadequacy in the face of collective expectations or a difficulty in finding your rightful place in hierarchical structures. Doubts about your legitimacy, the impression of never being recognised or measured up to, or even the fear of public exposure may have accompanied you on your journey. Yet it is in this tension that your deep calling lies: by daring to accept this vulnerability, by learning not to define yourself solely by success or external approval, you discover a more stable and truer inner authority. Once you embrace this experience, you become a valuable witness for others

seeking meaning in their social or professional engagement. Your path invites you to a form of leadership marked by humility, where ambition is no longer based on conquest but on service.

With Chiron in the 11th house, a rift opens up in your relationship with the collective, shared ideals and your sense of belonging to a group. At certain times in your life, you may have experienced discomfort in your friendships or a form of loneliness even within a close social environment. A feeling of being out of step with the causes that motivate others, or a difficulty in asserting your uniqueness without feeling excluded, may have marked your experiences. This wound of inclusion pushes you to seek a space where commitment and solidarity are not synonymous with giving up on yourself. Little by little, you discover that your apparent marginality can become a unifying trait, that your wounds related to belonging to open you up to a deeper awareness of true brotherhood. By assuming this stance, you become a discreet but essential support for those who, like you, seek to forge sincere bonds in a world that often values uniformity at the expense of authenticity.

With Chiron in the 12th house, the breach opens in the deepest and least visible areas of your being, where we touch on the mystery of life, the collective unconscious and faceless suffering. You may carry a vague sense of pain within you, like an old wound whose origin escapes your understanding, or you may sometimes feel overcome by an impersonal sadness, a sense of separation from the

Whole. This house often evokes a form of inner isolation, or a silent exile from the world, which becomes an opportunity for a greater calling: that of connecting with the invisible, with a transpersonal dimension of existence. By welcoming these inner movements without losing yourself in them, by transforming flight or resignation into lucid compassion, you attain a singular peace, that of those who have faced the void without seeking to fill it. Once recognised, your resilience becomes a refuge for those who have not yet found their way to the inner light, and your mere presence can soothe pains that no words can name.

Nessus: *The liberating power of deconditioning*

In mythology, Nessus helps travellers cross the river Evenus. But when he carries Dejanira on his back, he tries to take her for himself. Heracles, to protect his wife, pierces him with an arrow poisoned with the blood of the Hydra. Before dying, Nessus deceives Dejanira by giving her his blood as a supposed love potion. Later, this poison will burn Heracles' flesh and paradoxically lead to his apotheosis.

This story is rich in symbolism. It tells us about poisonous conditioning, passed on as gifts, but which bear the mark of deception and illusion. Nessus, in the astrological chart, is not a destructive force, but a revealer: he highlights what we have received as security or loyalty, but which, in reality, imprisons us and distances us from Consciousness¹. Like Nessus killed by Heracles' arrow, conditioning loses its power when it is revealed and pierced by the light of Consciousness.

Conditioning is what society, culture, family or history pass on to us: roles, identities, norms, loyalties. They tell us: *"This is who you are. This is what you must be. This is what you represent."*

¹ Francis Lucille, Rupert Spira and Eckhart Tolle all consider consciousness to be the fundamental reality of existence. Lucille sees consciousness as non-dual, present in all experiences, and both subject and object. Spira considers it to be the essence of individual experience, omnipresent and unchanging. Tolle perceives it as the silent inner presence that observes and witnesses our thoughts, emotions and perceptions.

These conditioning factors create a sense of security: that of belonging, of fitting in, of following the rules. But this security is an illusion. It only exists when we believe ourselves to be separate from consciousness. As long as we define ourselves by what has been passed on to us, we are reassured for a time, but we remain prisoners.

These are poisoned gifts: offered as a blessing, but which become chains and limitations. They make us feel secure on the surface, but deep down they distance us from who we really are. Like Nessus' poisoned tunic that burns Heracles' flesh, these conditioning factors end up consuming those who wear them without questioning them.

Where Nessus is located in the chart, we are called to look at our conditioning. Not to judge or reject it, but to see it with clarity. To see it for what it is: imprints, habits, legacies. And to recognise that it does not define who we are.

This work requires courage, because letting go of these conditioning factors means losing a sense of security, sometimes even breaking with what brought us together with others. It means crossing a zone of inner insecurity. But this insecurity is the real passage: it strips us of what imprisons us and brings us back to naked consciousness.

To decondition ourselves is to disidentify ourselves. To stop believing that what we have received – our roles, our affiliations, our loyalties – constitutes our being. It is to accept that these forms were necessary at one time, but that

they become poison if we perpetuate them without questioning them.

Nessus is not only talking about what we have received. He is also talking about what we pass on. As long as we remain caught up in our conditioning, we in turn pass on this poison: rigid norms, suffocating roles, unconscious loyalties. We unwittingly perpetuate what makes no one happy.

But when we have the courage to decondition ourselves, the transmission changes in nature. It becomes lighter, truer, more attuned to living consciousness. We no longer transmit rules or expectations, but a naked presence, a free space in which everyone can find their own path.

This is Nessus' legacy: not security to be perpetuated, but freedom to be shared.

Nessus does not lead to compassion like Chiron. He leads to radical lucidity.

Lucidity that the security we seek in conditioning is not real.

-Lucidity that what we took for gifts were sometimes poisons.

Lucidity that consciousness, when recognised, does not need these external securities.

Then the poison ceases to circulate. The weight of conditioning dissolves. What remains is a naked fidelity to consciousness itself.

Nessus therefore symbolises the courage to let go: to let go of what has conditioned us and given us false security, in order to rediscover an inner freedom that no longer depends on anything.

Nessus in a sign

Nessus in a sign indicates the particular colour that our conditioning takes on. Each sign represents a way of seeking illusory security, of reproducing inherited or imposed patterns. The sign therefore reveals the nature of the "poisoned gift" passed on by society, culture or personal history. This is where we feel spontaneously attached to an identity, a sense of belonging or a way of being, even though this attachment is confining. Becoming aware of this imprint gradually allows us to disidentify with it.

With Nessus in Aries, inherited conditioning is coloured by an imprint linked to action, self-assertion and conquest. You may have been given the idea that you had to prove your worth by forging ahead, taking risks and committing yourself passionately to demonstrating your strength or ability. This "poisoned gift" can present itself as an implicit injunction: always be first, always be passionate, always be ready to take action. This demand gives the illusion of security, of feeling recognised and free through action and conquest, but in reality it can trap you in a state of constant tension, where identity becomes confused with performance.

Deconditioning yourself with Nessus in Aries means seeing clearly that this frantic search for proof, results and recognition is not your true self. The courage required here is not that of rushing headlong through life at all costs, but that of daring to let go of the compulsion to constantly assert yourself. For this quest for security through action

is illusory: it only feeds a fragile sense of belonging, dependent on successes or failures. Letting go of this need for intoxication through movement or conquest opens up a wider space of freedom, where the momentum of Aries regains its natural source.

So Nessus in Aries invites you to transform the drive to conquer into a force of wonder. You cease to transmit the imprint of "always faster, always stronger" and instead offer those around you a breath of free enthusiasm, unconditioned by success or competition. You become capable of stimulating and inspiring, not because you embody an inherited role, but because your presence radiates this rediscovered inner freedom.

With Nessus in Taurus, inherited conditioning is tinged with the search for stability, possession and material security. You may have been taught that you need to hold on to what you have, your achievements, or reassuring habits in order to feel secure. This "poisoned gift" can manifest itself as an implicit injunction: secure yourself, keep what you have, never let go. This way of seeking continuity and certainty gives the illusion of a solid foundation, but it can trap you in rigid attachments, unfulfilled desires, or unconscious loyalties that distance you from your living consciousness.

Deconditioning yourself with Nessus in Taurus means looking lucidly at these illusory securities and recognising that they do not define your being. The courage here is not to abandon stability, but to no longer identify with your possessions, routines, or desires for control. Moving

through this zone of inner insecurity allows you to free yourself from what was holding you back, while retaining your ability to create, cultivate, and enjoy life with a living, conscious connection.

Thus, Nessus in Taurus invites you to transform your relationship with security and possession. You cease to transmit rigid loyalties or restrictive habits in order to offer those around you a lighter, more conscious and freer presence. This passage allows you to experience sensuality, continuity and productivity in a fully embodied way, without your achievements becoming a burden or a poison.

With Nessus in Gemini, inherited conditioning is tinged with a search for flexibility, communication, and intellectual stimulation. You may have been taught that you must always be quick, adaptable, curious and constantly on the move in order to feel secure and recognised. This "poisoned gift" can manifest itself as an implicit injunction: be quick-witted, versatile, connect with everything, capture attention, master speech and ideas. This way of seeking assurance through the mind and communication gives the illusion of lightness and social security, but it can trap you in agitation, distraction, or instability, where your identity is confused with mental or social performance rather than with your inner self.

Deconditioning yourself with Nessus in Gemini means looking lucidly at these inherited modes of functioning and recognising that they do not define your being. Courage here is not about staying on the move everywhere

and all the time, but about daring to slow down, observe and consciously choose where to invest your attention and energy. Moving through this zone of inner insecurity allows you to free yourself from the nervousness and anxiety associated with external expectations and to regain a more stable and lively mental and relational space.

Thus, Nessus in Gemini invites you to transform your agility and curiosity into conscious presence. You stop transmitting habits of distraction or social performance in order to offer those around you more sincere and free communication and attention. This transition allows you to experience your curiosity and light-heartedness not as a refuge or a mask, but as a vehicle for inner freedom and authentic connection with others.

With Nessus in Cancer, inherited conditioning is tinged with emotional security and family protection. You may have been taught that you need to cling to your emotional ties, your family, your home, or your emotional habits in order to feel secure and accepted. This "poisoned gift" can manifest itself as an implicit injunction: stay cautious, protect yourself, don't leave what reassures you. This way of seeking security through an emotional cocoon is the illusion of protection and belonging, but it can trap you in repetitive roles, emotional dependence, or fear of the outside world, distancing your living consciousness from its natural freedom.

Deconditioning yourself with Nessus in Cancer means looking lucidly at these illusory securities and recognising that they do not define who you are. Courage here is not

about abandoning your ties or your sensitivity, but daring to detach yourself from what traps you in fear or overprotection. Moving through this zone of inner insecurity allows you to free yourself from unconscious emotional loyalties and find a more balanced equilibrium, where you can feel, love and protect without being a prisoner to your conditioning.

Thus, Nessus in Cancer invites you to transform your relationship with emotional security and sensitivity. You stop passing on repetitive patterns or stifling habits, offering those around you a more authentic, conscious and free presence. This transition allows you to experience your emotions and family ties in a fully embodied way, without fear or dissatisfaction becoming a poison that conditions your choices and relationships.

With Nessus in Leo, inherited conditioning is tinged with social roles, prestige and demands for recognition. You may have been taught that you had to shine, assert your personality, be a leader or an example in order to be accepted and respected. This "poisoned gift " can manifest itself as an implicit injunction: perform, show your greatness, maintain your status. This way of seeking security through personal power, brilliance or social approval gives the illusion of strength and control, but it can trap you in ego, competition or the need to shine at all costs, thus distancing you from your living consciousness and authenticity.

Deconditioning yourself with Nessus in Leo involves looking lucidly at these illusory securities and recognising

that they do not define your being. Courage here is not about abandoning your personal expression or creativity, but daring to detach yourself from the ego, social image and constant need for validation. Moving through this zone of inner insecurity allows you to free your creative energy from the pressure of external expectations and reconnect with an authentic and sovereign presence, unconditioned by the recognition of others.

Thus, Nessus in Leo invites you to transform your desire for greatness and leadership into a force of conscious presence. You cease to transmit patterns of competition or domination in order to offer those around you a freer and more sincere inspiration. This passage allows you to live your charisma, creativity and personal power in a fully embodied way, without ego or vanity becoming a poison that conditions your choices and relationships.

With Nessus in Virgo, inherited conditioning often takes the form of demands for perfection, standards of service or duty, and the need to make oneself useful in order to be accepted or recognised. You may have been given the implicit idea that your value depended on your efficiency, your ability to organise, correct or anticipate. These "poisoned gifts" give you the illusion of security and legitimacy, but they can trap you in roles of servant, executor or perfectionist, limiting your inner freedom and your fidelity to living consciousness.

Deconditioning yourself with Nessus in Virgo means observing these inherited injunctions with lucidity and without judgement. Courage means no longer identifying

with your productivity, your standards of perfection, or your concern for being useful to others. Moving through this zone of inner insecurity allows you to free yourself from the anxiety of external judgement and excessive control, and to rediscover a more authentic balance between action, rest, and conscious attention.

Thus, *Nessus in Virgo* invites you to transform your perfectionist or servile tendencies into a force of conscious presence and practical discernment. You cease to transmit the pressure of imposed standards or expectations and can offer your help, organisation and vigilance in a free and balanced way. This transition allows you to embody efficiency in the service of consciousness, rather than conditioning, and to inspire in others a more genuine and respectful autonomy.

With *Nessus in Libra*, inherited conditioning often manifests itself through social expectations, relational obligations, or norms of reconciliation and compromise. You may have been given the implicit idea that your value depends on your ability to please, maintain harmony, or satisfy others. These "poisoned gifts" give the illusion of emotional and social security, but they can lock you into roles as mediator, conciliator, or peacemaker, limiting your autonomy and your fidelity to living consciousness.

Deconditioning with *Nessus in Libra* involves recognising these influences with clarity and detaching yourself from the fear of displeasing others or the need for approval. Courage means facing the inner insecurity created by the apparent loss of control over others' opinions and ceasing

to define yourself by social acceptance or approval. This transition allows you to rediscover your inner truth, where your choices and commitments are aligned more with your authenticity than with external expectations.

Thus, **Nessus in Libra** invites you to transform your desire to please or reconcile into an ability to experience free and balanced relationships, without reproducing inherited conditioning. You cease to convey the illusion that harmony must be achieved at all costs and can inspire others to have a more sincere and autonomous approach to relationships. Deconditioning then paves the way for more authentic exchanges, where your presence and freedom positively influence those around you.

With Nessus in Scorpio, inherited conditioning often reveals itself through intense emotions, secret loyalties, or deep attachments to unconscious powers and forces. You may have been given the implicit idea that your value or security depends on your ability to control, master, or understand the depths of life and your relationships. These 'poisoned gifts' give the illusion of power and inner security, but they can trap you in obsessive patterns, unconscious manipulation, or a relationship with fear and guilt that distances you from living consciousness.

Deconditioning with **Nessus in Scorpio** involves recognising these influences with clarity and detaching yourself from the fear of losing control, guilt, or the need to unravel all of life's mysteries. Courage means moving through the inner insecurity created by questioning loyalties and deep attachments, letting go of obsessive

control, and ceasing to define your worth by intensity or control. This transition allows you to rediscover inner authenticity and emotional freedom, where your reactions and choices are more aligned with your consciousness than with unconscious conditioning.

Thus, Nessus in Scorpio invites you to transform your unconscious attachments and loyalties into an ability to experience your emotions and relationships with depth but without domination or dependence. You cease to transmit patterns of control, fear or guilt and open the way to a more conscious and free transmission, where your presence inspires integrity and freedom in others. The process of deconditioning then opens up the possibility of intensity experienced with awareness rather than confinement.

With Nessus in Sagittarius, inherited conditioning often manifests through your ideals, beliefs, or aspiration for a broader worldview. You may have been given the implicit idea that your security or value depends on your ability to aim high, to always be expanding, and to understand life according to lofty principles. These "poisoned gifts" give the illusion of alignment with truth or a higher mission, but they can trap you in intellectual rigidity, moral judgements, or a constant need for validation by your ideals, distancing you from living consciousness.

Deconditioning with Nessus in Sagittarius involves recognising these influences with clarity and detaching yourself from the need to always prove your rightness, dominate with your ideas, or seek external approval. Courage means navigating the inner insecurity created by

questioning your certainties and principles, letting go of the demand for intellectual perfection, and ceasing to define your worth by the grandeur or loftiness of your projects. This transition allows you to rediscover a new freedom of thought and expansion experienced with awareness rather than out of obligation or inherited pressure.

Thus, Nessus in Sagittarius invites you to transform your inherited beliefs and ideals into genuine openness: explore, learn and share without locking yourself into the need to always be right or conform to imposed expectations. You cease to transmit dogmas or delusions of grandeur and open the way to a more authentic and inspiring transmission, where your presence supports the awakening and freedom of others rather than perpetuating unconscious conditioning.

With Nessus in Capricorn, inherited conditioning often manifests itself through your responsibilities, ambitions and relationship to power or social success. You may have been given the implicit idea that your security and value depend on your ability to achieve high goals, follow rules, and conform to standards of success. These "poisoned gifts" give the illusion of stability and control, but they can trap you in rigidity, an obsession with duty, or perfectionism that distances you from living consciousness and your true nature.

Deconditioning with Nessus in Capricorn involves recognising these influences with clarity and detaching yourself from the pressure to constantly prove your worth

through your achievements. This takes courage, as giving up the security offered by social conformity or apparent control can create a sense of inner insecurity. However, this transition is liberating: it allows you to let go of rigidity, overcome the fear of failure or judgement, and rediscover a broader loyalty, that of consciousness itself, independent of achievements or status.

Thus, Nessus in Capricorn invites you to transform your conditioning related to hierarchy, power, and success into a conscious and authentic commitment. You cease to transmit obligations or restrictive norms and open the way to a freer and more responsible way of being, where your efforts and ambition serve your conscious presence and inspire freedom in others, rather than perpetuating unconscious conditioning.

With Nessus in Aquarius, your inherited conditioning often reveals itself through your ideas, your relationship to freedom and independence, and your ways of connecting with others in a collective setting. You may have received the implicit injunction that security and well-being reside in autonomy, detachment, or intellectual mastery of situations. These 'poisoned gifts' give the illusion of freedom and uniqueness, but they can trap you in a posture of excessive detachment, compulsive non-conformity or relational isolation, distancing you from living consciousness and true human connection.

Deconditioning yourself with Nessus in Aquarius means recognising these influences and freeing yourself from the illusion that your independence or ideas alone define your

value. This requires courage, as giving up this sense of intellectual and social security can create an area of inner insecurity. However, this transition is liberating: it allows you to transcend the fear of dependence or control and cultivate a freedom that is no longer just a posture, but a conscious presence open to others.

Thus, Nessus in Aquarius invites you to transform your conditioning related to independence, rebellion, or non-conformity into a constructive and generous energy. You cease to perpetuate patterns of isolation or rigid detachment and open the way to a conscious relationship with your fellow human beings, where your freedom and ideas serve to inspire and support the emancipation of others, while remaining true to your essence.

With Nessus in Pisces, your inherited conditioning often manifests itself through your sensitivity, empathy and relationship with the invisible or intuitive world. You may have received the implicit injunction that your value depends on your devotion to others, your ability to efface yourself or sacrifice yourself for a cause or ideal. These "poisoned gifts" give the illusion of emotional and spiritual security, but they can trap you in hypersensitivity, indecision, or a tendency to lose yourself in emotional or ideological dependencies, distancing you from living consciousness and your inner freedom.

Deconditioning yourself with Nessus in Pisces means recognising these influences and freeing yourself from the illusion that your usefulness or empathy alone define your being. This process requires courage, as it involves

navigating the inner insecurity associated with the loss of emotional or spiritual bearings. However, this transition is liberating: it allows you to disidentify from what was holding you back and to access a conscious and open presence, capable of true compassion, but without merging or sacrificing your own identity.

Thus, Nessus in Pisces invites you to transform your conditioning related to hypersensitivity, excessive devotion, or indecision into a conscious and inspiring force. You cease to perpetuate patterns of evanescence or confusion and open the way to interaction with the world and others guided by mature intuition and free commitment. This transformation allows you to fully express your sensitivity and capacity for love, while remaining anchored in your essence and in a deep inner freedom.

Nessus in a house

Nessus in a house shows the area of life where this poison is most evident. It is the concrete space where false securities manifest themselves and where the experience of deconditioning can be lived. Here we encounter burdensome legacies or loyalties, but also the possibility of learning to let go and break free from these attachments. The house then becomes a privileged place for recognising and transforming these conditioning factors into consciousness.

With Nessus in the 1st house, you are invited to examine the conditioning that has shaped your sense of identity and how you assert yourself in the world. The family, social or cultural legacies that you have internalised as certainties may have given you the illusion of knowing who you are, while limiting your freedom of expression and authenticity. You may feel internal pressure to conform to an imposed or expected image of yourself, creating tension between your true nature and what you show to others. This placement pushes you to see through these illusions, recognise these unconscious loyalties, and dare to decondition yourself. By confronting your defence mechanisms, your self-protective habits and your fears of rejection, you gradually discover that your identity is not fixed and that you can consciously reclaim your uniqueness, free from reproducing inherited patterns.

With Nessus in the 2nd house, you are led to become aware of the conditioning that influences your relationship with material security, money, and your possessions. You

may have internalised inherited loyalties or beliefs that drive you to seek external stability as if it defined your value or identity. These patterns can generate an unconscious fear of lack or an excessive attachment to what you own, to the point of limiting your freedom or creativity. Nessus invites you to observe these mechanisms without judgement and to recognise that your true security lies not in accumulation, but in the ability to detach yourself from false assurances and restore authentic meaning to what you possess, thus transforming your relationship with abundance and value into a conscious and liberating experience.

With Nessus in the 3rd house, you are invited to look at the conditioning that weighs on the way you communicate, interact with those close to you, or adapt to your daily environment. You may have internalised inherited loyalties or beliefs that restrict your freedom of expression and push you to adopt modes of communication that do not truly reflect who you are. These patterns may manifest themselves in a dependence on the opinions of others, a difficulty in saying what you think, or a tendency to reproduce learned dialogues or behaviours rather than engaging in authentic exchanges. Nessus invites you to observe these automatic behaviours, recognise their origin and free yourself from them in order to re-establish sincere, fluid communication that respects your true identity, thus transforming your daily interactions into conscious and authentic experiences.

With Nessus in the 4th house, you are confronted with family legacies and old loyalties that shaped your

childhood and your roots, sometimes to the point of limiting your inner freedom. These may be beliefs, emotional patterns or allegiances to traditions that give you the illusion of security, but in reality trap you in inherited roles. Nessus invites you to observe these attachments with clarity, to recognise what does not fully belong to you and to disidentify yourself from this invisible weight. This process can be challenging, as it touches on your home, your intimacy and your sense of stability, but it opens up the possibility of creating your own foundations, freer and more in tune with your deep consciousness, thus transforming your private life into a space of authentic and liberating anchoring.

With Nessus in the 5th house, you are invited to examine how your heritage and conditioning influence the way you express your creativity, passions and romantic relationships. Old loyalties or unconscious fears may be holding you back from promoting yourself or fully enjoying your talents and pleasures. Nessus pushes you to recognise these externally imposed limitations, to become aware of repetitive patterns and to free yourself from inherited expectations that stifle your personal expression. By going through this trial, you have the opportunity to rediscover a space of spontaneity and joy, a e where your creativity and emotional impulses can flourish authentically, freed from any inherited constraints.

With Nessus in the 6th house, you are confronted with the conditioning that structures your relationship to work, health and daily responsibilities. Inherited obligations or unconscious loyalties may trap you in patterns of

perfectionism, excessive service or control over your environment. Nessus invites you to identify these mechanisms, observe how they limit your freedom and well-being, and let go of the apparent security you thought you found in discipline and rigour. By becoming aware of these influences, you can transform your habits, redefine your relationship to work and health, and cultivate a way of serving and organising your life that restores your energy, autonomy and serenity.

With Nessus in the 7th house, you are invited to examine the conditioning that influences how you relate to others, whether in your relationship, partnerships or contractual relationships. You may find that certain inherited loyalties or family expectations weigh on your choices, pushing you to repeat patterns where illusory security takes precedence over freedom and authenticity. Nessus encourages you to become aware of these influences, to disidentify with imposed roles and to create relationships based on presence, respect and mutual freedom. By navigating this area of insecurity, you have the opportunity to transform your relationships, cultivating bonds where exchange and balance are nourished by awareness rather than fear or dependence.

With Nessus in the 8th house, you are confronted with conditioning related to intimacy, shared power, and common resources. Family or social legacies can weigh on your relationship with money, sexuality, or deep bonds, creating illusions of security and loyalties that limit your freedom. Nessus invites you to look at these influences with clarity and courage, to recognise the fears and

dependencies that have been passed on to you, and to learn to detach yourself from them. This process can be intense, as it touches on your most vulnerable areas, but it offers you the opportunity to transform your relationships and shared responsibilities into spaces of awareness, trust and true autonomy.

With Nessus in the 9th house, you are confronted with the conditioning related to your beliefs, your worldview, and your relationship to cultures and philosophies. Inherited or imposed ideas may give you the illusion of intellectual or spiritual security, but they risk restricting your ability to explore freely and develop your own understanding of life. Nessus invites you to examine these influences with discernment and free yourself from dogmas or loyalties that limit your mind. This process may involve questioning deeply held certainties, but it offers you the opportunity to transform your search for meaning into a space of consciousness that is more open, more autonomous and more aligned with your inner truth.

With Nessus in the 10th house, you are confronted with conditioning related to your public image, career, and social expectations. Inherited loyalties or obligations may make you feel that you must follow a path that has already been laid out for you, pushing you to seek external recognition at the expense of your authenticity. Nessus invites you to become aware of these influences and to question them, so that you do not lock yourself into roles that do not suit you. This process can be demanding, as it involves giving up certain symbolic securities linked to your status or reputation, but it offers you the opportunity

to build a career and public image that are aligned with your true identity, based on freedom and self-awareness.

With Nessus in the 11th house, you are confronted with the conditioning associated with your social relationships, your place within groups and your collective commitments. You may have internalised inherited loyalties or obligations that push you to conform to others' expectations or to commit to causes out of duty rather than conviction. Nessus invites you to observe these influences with clarity and to free yourself from them, so that you can become involved in projects and relationships that truly reflect your values and authenticity. This process may require courage, as it involves giving up certain social securities and group approval, but it opens the way to relationships and commitments based on freedom, awareness, and sincerity of involvement.

With Nessus in the 12th house, you are invited to take a close look at the conditioning that influences your relationship with the invisible, spirituality and the collective dimension of existence. There may be unconscious legacies or loyalties that push you to sacrifice yourself for the group, to conform to collective expectations or to dissolve into ideals that are not your own. Nessus invites you to recognise these influences and free yourself from them through introspection and letting go, in order to transform these patterns into a more authentic consciousness. This process can be challenging, as it touches on deeply internalised aspects, but it allows you to find immersion in the community and participation

in something larger, while preserving your inner freedom and personal truth.

Pholus: *The guardian of sacred balance*

Pholus was a hospitable and peaceful centaur, unlike other centaurs known for their excesses and excesses. One day, he welcomed Heracles into his cave and wanted to honour him. He had a jar of wine given to him by Dionysus, a sacred treasure meant to remain sealed until the day when the entire centaur community would gather to share it.

Hesitant at first, but then yielding to curiosity and Heracles' insistence, Pholus opened the jar. The smell spread immediately and attracted the other centaurs, who rushed over en masse. The moment of conviviality turned into chaos: a quarrel broke out, Heracles shot his poisoned arrows, and a massacre ensued.

Pholus, intrigued by the deadly power of these weapons, grabbed one to examine it. But the arrow slipped from his hands and lodged itself in his foot. The poison took effect, and Pholus perished in turn.

In mindfulness astrology, Pholus embodies the inner tipping point where our relationship with the profane and the sacred plays out². He is the inner catalyst: the latent

² The sacred is the memory of a state of unity that we believe we have lost. Amidst the changing flow of mundane experiences, it appears as a landmark, a beacon that reminds us of what is essential. By suspending the ordinary, it opens up to a vaster presence, capable of connecting and elevating. The profane, with its immediate appeal, feeds the ego and maintains dispersion, while the sacred, discreet but powerful, brings us together and directs us towards depth. In the context of mindfulness, however, it is essential to recognise that

guardian of our centring, the one who allows us to choose to remain centred in the face of the ego's attractions.

The myth of Pholus highlights the presence of a latent, powerful but discreet central point, capable of maintaining balance in the face of attractions and temptations. It shows that every small gesture or decision can have unexpected, sometimes disproportionate consequences, as illustrated by the snowball effect caused by the opening of the jar. It emphasises hesitation, that moment of tension when choice becomes perceptible, when the balance can tip between the profane and the sacred. The wound, the arrow, symbolises the small death necessary to dissolve what distances us from this centre and to bring about the possibility of a return to the sacred.

Pholus represents in our psyche the conscious point of balance between the sacred, which elevates and structures us, and the profane, which seduces and disperses us, between spiritual elevation and the temptations of the material world. He embodies the wisdom of one who knows how to preserve his centre in the face of external demands and to remain centred without tipping over.

ordinary reality, which we call profane, is also a manifestation of Consciousness. In this sense, everything is fundamentally sacred. But when we believe ourselves to be separate from this Consciousness, a sense of nostalgia colours our perception and brings out, in the background of certain ordinary realities, the special flavour of the sacred.

Pholus in a sign

The sign in which Pholus is located colours the way in which the dialectic between the sacred and the profane plays out internally. It indicates through which fundamental energy the psyche is tempted to give in to the fascination of the profane, and through which channel it can, on the contrary, regain its centre and reintegrate the sacred dimension. In this sign, every small gesture, every seemingly insignificant decision, can have amplified consequences. Pholus in a sign therefore shows the particular style of hesitation and choice: how the ego can rush into it, and how consciousness can awaken to it.

With Pholus in Aries, the tipping point between the sacred and the profane is played out in the energy of momentum, spontaneous action and wonder. You are naturally inclined to act with intensity, to commit yourself without restraint, to want to experience immediately what attracts you. Every gesture, every impulsive decision can take on disproportionate importance and have repercussions that exceed your expectations.

The fascination of the profane manifests itself here in eagerness and impatience: your ego pushes you to give in to the curiosity of the moment, to seek excitement or conquest without taking the time to discern. In these moments, the bursting force of Aries, instead of opening up to the joy of wonder, closes in on itself in a frantic race towards immediate satisfaction. The sacred impulse then becomes a profane impulse, and irritation arises when the world does not respond to your instant desires.

But this same fire can become a spiritual catalyst. Pholus in Aries teaches you to recognise the moment of hesitation before action, that brief moment when it is possible to choose between dispersion and refocusing. When you welcome the impulse with attention, the simplest gesture regains its sacred dimension. Spontaneous action then ceases to be an escape and becomes a passage to presence, where true wonder is revealed.

Thus, Pholus in Aries invites you to transform impulsiveness into creative vigilance, to make every decision an opportunity to remain centred, and to discover that true conquest is not external but internal: that of preserving your freedom while remaining connected to the sacred.

With Pholus in Taurus, the tipping point between the sacred and the profane manifests itself in your relationship to matter, possessions, and sensory pleasures. You have a constant nature, focused on construction and stability, which drives you to persevere in your commitments. Your concrete choices, even the smallest ones, can have lasting and sometimes disproportionate consequences, as they become rooted in time and gradually amplify.

The temptation of the profane comes in the form of attachment and possession. The need to secure, possess, enjoy or retain can lead you into a spiral of greed or dissatisfaction, where the natural sensuality of Taurus is distorted into compulsive desire. In these moments, the ego relies on material things to assert itself, but it ends up trapping you in a subtle, ever-unsatisfied dependence.

Yet this same energy can become a sacred channel. Pholus in Taurus invites you to recognise the moment of hesitation, when the attraction of an object or pleasure is felt, and to return to conscious presence. By choosing simplicity, by fully savouring the sensuality of the moment without trying to hold on to it, you transform attachment into offering. What seemed to possess you then becomes a place of sacred grounding, an opportunity to find your centre again.

Thus, Pholus in Taurus teaches you that matter is not a trap but a passage. When you welcome every pleasure, every good thing, every result as a temporary gift, you no longer lose your centre. You discover that true wealth is not in accumulation but in the peaceful awareness that enjoys the moment, and that by living in this way, pleasure becomes a path to sacred centring.

With Pholus in Gemini, the tipping point between the sacred and the profane plays out in the realm of communication, curiosity and exchange. You are naturally seeking lightness, openness to others and intellectual exploration. Every word, every encounter, every new idea can have amplified consequences, because in your life, a simple exchange can become an unexpected turning point.

The fascination of the profane manifests itself here through distraction, agitation and impatience. You may be tempted to multiply your experiences, to rush from one interest to another, to give in to the nervousness of a mind that is always hungry for novelty. The ego, seduced by the brilliance of words or the excitement of movement, risks

leading you into instability that distances you from your centre. In these moments, the natural cheerfulness of Gemini is distorted into agitation and versatility, giving way to a feeling of emptiness.

But Pholus in Gemini can also transform this energy into a sacred channel. It teaches you to recognise the moment of hesitation before speaking, before scattering your energy, and to see it as an opportunity to return to your centre. By consciously connecting with the lightness of the moment, your words become more than an exchange: they become presence, openness, a living link that connects rather than disperses. Curiosity, instead of getting lost in a thousand directions, rediscovers the depth of true attention to reality.

Thus, Pholus in Gemini invites you to transform instability into conscious flexibility, and cheerfulness into true wonder. Every word can become sacred when spoken with presence, every encounter a reminder of unity. You then discover that true freedom is not in the dispersion of possibilities, but in the fluidity of a centred, open and living consciousness.

With Pholus in Cancer, the tipping point between the sacred and the profane plays out in your relationship to sensitivity, emotions and the need for inner protection. You are deeply connected to your inner and emotional world, and every little event affecting your loved ones, your home or your memories can have disproportionate repercussions on your psyche. A hurtful word, an unexpected gesture, a lack of attention are sometimes enough to upset your balance.

The fascination of the profane takes the form of emotional insatiability. You may be tempted to endlessly seek ideal emotional security, asking those around you to fill a void that cannot be filled from the outside. This need for protection can turn into dependence, a refuge in nostalgia or a sentimentality that disperses your vital energy. In these moments, Cancer's natural fulfilment is diverted into chronic dissatisfaction, and the centre is lost in an impossible quest.

But Pholus in Cancer can also transform this sensitivity into a path to sacredness. The moment of hesitation, at the heart of an emotion, becomes an opportunity to choose presence rather than escape. When you welcome your emotions without judging them, they cease to be an insatiable abyss and regain their sacred function: that of connecting you to what is essential, to the tenderness of the moment and to the depth of experience. Your need for protection then becomes an awareness of your inner cocoon, a sacred space that is always available within you.

Thus, Pholus in Cancer invites you to see every emotional upheaval as an opportunity to refocus. Instead of seeking the security you lack externally, you discover that fulfilment is already within you, in the silent presence that welcomes your emotions. Every surge of sensitivity then becomes a reminder of the sacred, and your vulnerability is transformed into a path of openness towards inner unity.

With Pholus in Leo, the tipping point between the sacred and the profane plays out in your relationship to confidence, creativity and personal charisma. You carry

within you a life force that seeks to assert itself and inspire others. Every gesture of self-expression, every creative choice or stance you take can have amplified effects, drawing attention and sometimes unexpected repercussions.

The fascination of the profane is reflected here in the temptation to make yourself the absolute centre of attention. The ego, seduced by recognition and pomp, can push you towards excess, pride or vanity. In these moments, the natural splendour of Leo is distorted into exhibitionism or domination, and what should be a shared light becomes a selfish affirmation that disperses your energy. You then risk seeking confirmation in the eyes of others, which distances you from your true centre.

But Pholus in Leo can also become a channel for reintegration with the sacred. The hesitation before speaking or acting to shine is the space where you can choose consciousness over pride. Your radiance then regains its sacred dimension: it is no longer about putting yourself forward, but about letting life express itself through you. Your will becomes magnanimity, your strength becomes encouragement, and your light becomes an invitation for others to recognise themselves.

Thus, Pholus in Leo teaches you that true splendour does not consist in imposing yourself as the centre of the world, but in embodying a presence that inspires and uplifts. Every creative gesture, every act of generosity can become a reminder of the sacred, as long as you keep your heart open and remain centred in consciousness. It is then that

you discover your inner royalty: that which expresses itself without excess and radiates a light that seeks nothing for itself.

With Pholus in Virgo, the tipping point between the sacred and the profane plays out in your relationship to order, work and the desire for perfection. You are naturally inclined to organise, analyse and improve your surroundings. Every detail, every seemingly insignificant choice can take on disproportionate importance, because you intuitively feel that small things have the power to transform the whole.

The fascination with the profane manifests itself in excessive perfectionism, criticism and anxiety. Your ego pushes you to seek security in controlling details, to want to predict and correct everything in order to avoid the unexpected. This need for control can trap you in an inner tension where the natural purity of Virgo is distorted into demandingness, isolation, or feelings of inferiority. In these moments, the desire to do well— —becomes an illusory refuge that disperses your energy instead of refocusing it.

But Pholus in Virgo opens up another path for you. The hesitation before correcting, criticising or withdrawing is a precious moment when consciousness can awaken. Every task, every ordinary gesture can become a sacred offering if you perform it with presence, without seeking to achieve impossible perfection. By welcoming imperfection as an integral part of life, you discover that

purity is not found in control, but in the transparency and simplicity of the moment.

Thus, Pholus in Virgo invites you to transform the anxious quest for perfection into humble and conscious service. Attention to detail then becomes a path to integration, where rigour and modesty are transformed into inner clarity. You learn that true order is not that which the ego imposes, but that which emerges spontaneously when you remain centred, connected to the sacred in every daily gesture.

With Pholus in Libra, the tipping point between the sacred and the profane plays out in your relationship to relationships, harmony and choice. You are inclined to seek peace, balance and beauty in your interactions, and every emotional or social decision, no matter how small, can have amplified repercussions. A promise made, a commitment taken, a gesture of reconciliation can profoundly transform your life and the lives of others.

The fascination with the profane manifests itself here in the form of indecision and complacency. Eager to please, you may be tempted to give in to the seduction of outside opinions, to compromise yourself in order to maintain a facade of harmony. In these moments, your ego pushes you to scatter yourself in several directions, oscillating between two choices without being able to fully commit yourself. True harmony is then lost in an artificial balance, and energy is diluted in inaction or ambiguity.

But Pholus in Libra can become a privileged channel for the sacred. The hesitation that dwells within you, far from being an obstacle, is a threshold of consciousness: the precise moment when you can discern between a response dictated by the ego and a response arising from presence. When you choose to centre yourself, your sense of justice and fairness transforms into true mediation, capable of connecting without compromise. You then discover that harmony does not depend on pleasing others, but on fidelity to your centre.

Thus, Pholus in Libra invites you to transform indecision into discernment, and complacency into authentic commitment. Every relationship, every choice becomes an opportunity to place your life under the sign of the sacred, choosing not what flatters the ego but what preserves the depth of being. From this perspective, you realise that true harmony is not a fragile balance between opposites, but the living presence of a centre that radiates without losing itself.

With Pholus in Scorpio, the tipping point between the profane and the sacred is experienced through your relationship with intensity, crises and the depths of the soul. You are attracted to what lies behind appearances and have a natural inclination to probe the shadows, mysteries and taboos. Every seemingly insignificant decision or gesture can take on disproportionate importance in your life: an emotional choice, a secret commitment, an inner revelation can set off a chain of transformations whose outcome is beyond your control.

The fascination with the profane is expressed here through the search for control, manipulation or excessive power. The ego can drag you into a spiral of crises fuelled by your refusal to let go. You may then feel caught up in endless intensity, trapped by anger, torment or negativity, as if the absolute you seek were turning into a destructive force. The need to hold on, to control, to impose then becomes a lure that disperses and distances you from your centre.

But Pholus in Scorpio also offers you a unique channel to the sacred: that of profound transformation. Every trial, every crisis, every apparent loss can become the necessary little death that dissolves the ego's resistance and opens the way to deliverance. In your moments of transition, you are asked to recognise that intensity does not have to be fuelled by struggle, but can be experienced as a force of regeneration. The sacred then appears not in the victory of power, but in surrendering to a greater centre that flows through you and liberates you.

Thus, Pholus in Scorpio teaches you that true strength does not lie in control, but in the ability to let go and be reborn. Every small choice, every decision in the face of temptation to power or withdrawal, is an invitation to reintegrate the sacred dimension of your being. When you stop struggling in the shadows, the depth you seek becomes inner light, and you discover within yourself the quiet strength of deliverance.

With Pholus in Sagittarius, the tipping point between the profane and the sacred is experienced in your relationship to the quest for meaning, expansion and ideals. You feel a

strong aspiration to transcend limits, explore new horizons, broaden your understanding of the world and live in connection with a vaster dimension of existence. Every gesture or decision, no matter how small, can take the form of an opening towards the unknown, leading to a series of amplified events, as if your life were reacting intensely to your impulses of discovery or your choices of commitment.

The fascination of the profane can manifest itself in egocentric exaltation, intolerance, or excess. By always wanting to go further or seeking to impose a truth perceived as absolute, you risk losing your centre and succumbing to the intoxication of unfettered expansion. The ego can feed on a sense of moral superiority, a desire to convince or convert, to the point of overshadowing the true impulse of communion that animates your sign. In such moments, what was meant to connect and elevate you turns into dispersion, inner turmoil, or a fruitless struggle against what does not correspond to your ideals.

But Pholus in Sagittarius also invites you to discover a sacred path through conscious exultation. Every experience, every journey, every encounter can become an opportunity to find your centre by connecting with the universal. When you accept that infinity is not conquered through excess, but is revealed in the humility of presence, your quest is transformed into a joyful and serene openness. The sacred then manifests itself in the jubilation of a shared impulse, in the gratitude of broadening your horizons without losing your inner axis.

Thus, with Pholus in Sagittarius, your life is punctuated by moments of transition where expansion can turn into dispersion or, on the contrary, into the revelation of a greater unity. The challenge is to learn to recognise the difference between the intoxication of the outside world and inner exultation, in order to keep your centre intact while opening yourself up to the grandeur of existence.

With Pholus in Capricorn, the question of the sacred and the profane plays out in your relationship to structure, responsibility and time. You are faced with choices where a seemingly minor decision can have serious consequences in the long term. Your psyche is particularly sensitive to the temptation of absolute control, the need to master every step or impose excessive rigour. When the ego is seduced by the illusion of power, the thirst for respectability or the desire to keep everything under control, it risks locking you into a rigidity that diverts inner wisdom towards domination or fear of failure. In such moments, the profane takes the form of oppressive seriousness, excessive ambition, or a quest for status that cuts you off from spontaneity and vitality.

But Pholus in Capricorn can also become a powerful catalyst for refocusing. In this sign, the shift towards the sacred occurs through humility in the face of time, patience in effort, and the awareness that each step, no matter how small, builds a greater work. The conscious choice is then not to give in to the temptation of control or rigidity, but to remain centred in the wisdom of measured accomplishment, faithful to your deepest values. Where the profane manifests itself in the greed for results, the

sacred reveals itself in quiet perseverance, in the ability to make your journey an uplifting inner discipline.

With Pholus in Capricorn, your challenge is to learn to distinguish between rightful mastery, which structures and opens, and repression, which confines and disperses your energy. Every moment invites you to choose between the heaviness of ambition and the lightness of inner wisdom. When you accept that your strength comes not from domination but from deep-rooted stability, the sacred settles into your life like an inner pillar, solid but flexible, allowing you to remain centred in the face of external demands.

With Pholus in Aquarius, your relationship with the sacred and the profane is played out through freedom, independence and the quest for a collective ideal. You are particularly sensitive to moments when a seemingly insignificant decision or gesture can trigger a cascade of profound changes in your relationships, commitments or ideals. Your psyche is tempted by absolute individualism, where the need to free yourself from all constraints can distract you from what is essential. When the ego is seduced by rebellion against rules, by the appeal of originality for its own sake, or by the fascination of unbridled freedom, profanity manifests itself in the form of distraction, empty idealism, or a categorical refusal to integrate. In such moments, the desire for freedom risks turning into subtle confinement, because wanting to be free at all costs can become a new constraint, fuelling inner turmoil.

Pholus in Aquarius then acts as a guardian of discernment, inviting you to reintegrate the sacred dimension through a vigilant awareness of your choices. The true passage to the sacred does not lie in the rejection of structures but in the ability to embody an inner freedom, free from the seductions of the ego. In this sign, openness to brotherhood, a spirit of solidarity and forward-looking creativity become a privileged channel for finding your centre. The sacred manifests itself here when your impulses for freedom are anchored in a conscious presence, oriented towards what connects and elevates, rather than what isolates.

With Pholus in Aquarius, your challenge is to learn to distinguish between authentic freedom, which emancipates and unites, and false freedom, which rejects and separates. Every moment presents you with a dilemma: give in to the lure of non-conformity as a reaction, or choose the path of inner independence, openness and connection. When you cultivate this vigilance, your choices become triggers for transformation, not in the escape from the ordinary, but in the conscious reintegration of the sacred into your interactions and ideals.

With Pholus in Pisces, your relationship to the sacred and the profane plays out in the realm of sensitivity, openness and inner receptivity. You are imbued with a natural ability to perceive the inexpressible, to feel emotions and vibrations that transcend words. This openness connects you spontaneously to the sacred, but it also exposes you to the risk of distraction and confusion, as the profane can

seduce you in the form of illusions, escapism or emotional entrapment. In this sign, every small choice, every inner movement, can amplify its consequences: a moment of hesitation, daydreaming or complacency towards your emotions can lead you to lose your bearings, just as clear attention can bring you back to an experience of unity and deep love.

In this context, the ego feeds on a fascination with the undefined, the lure of escape or misunderstood sacrifice. You may sometimes be tempted to give in to nostalgia for an unattainable ideal or lose yourself in emotional dependencies, believing you will find refuge there. This is how the profane manifests itself in you, in the form of confusion, vulnerability or external influences. But Pholus acts here as a centring force: it invites you to recognise that the true path to the sacred is not escape into the undefined, but conscious presence at the very heart of your emotions and inner impulses.

With Pholus in Pisces, the little death symbolised by the wound in the myth can be translated into the need to accept your limitations, to let go of the illusion of a confused absolute, in order to open yourself up to a simpler and truer ecstasy. This letting go is not a passive dissolution, but a reintegration into the consciousness that connects all beings to the fundamental unity. The sacred then manifests itself not as a distant abstraction, but as a quality of loving, compassionate and silent presence in your daily life.

Your challenge is to learn to distinguish between the mirages of the profane and the true call of the sacred.

When you remain centred, your choices and intuitions become revelatory, capable of transforming confusion into clarity and vulnerability into active compassion. You then discover that every inner hesitation is a door: give in to distraction or choose to open yourself to the consciousness that embraces and unifies.

Pholus in a house

The house where Pholus is located indicates the area of life where the shift between the sacred and the profane is most clearly encountered. This is where small gestures or choices can have disproportionate effects, revealing how much conscious attention is needed to preserve the centre. In this field of experience, the person can either become scattered under the lure of the profane, or transform their falls into initiatory passages. The house of Pholus thus becomes the privileged place of trial and discernment, where one learns to remain centred despite external demands.

With Pholus in House 1, your quest for identity is marked by discernment between the sacred and the profane. You are led to intensely experience the question of "who am I?", with moments when a simple choice, gesture or attitude can have amplified repercussions on your perception of yourself and the image you project to others. You may sometimes give in to the lure of overly ego-centred assertiveness, seeking to impose yourself or be recognised, only to discover that this quest distances you from your true centre. But Pholus acts here as a discreet and powerful reminder: it invites you to make your very presence a place of vigilance, to recognise that your identity is not solely shaped by the gaze of others or by your immediate impulses, but that it can become a gateway to a deeper consciousness. The experience of your 1st house with Pholus confronts you with the challenge of transforming your hesitations and clumsy in s into opportunities for humility, refocusing and authenticity.

The more you accept to let go of the seductions of image or appearance, the more you discover that your true identity is rooted in a sacred presence that elevates you and connects you beyond all appearances.

With Pholus in the 2nd house, your relationship to material security and value takes on a special dimension, where seemingly insignificant choices can have amplified consequences. You may be tempted to give in to the lure of the profane by becoming overly attached to possessions, enjoyment, or comparison, believing that accumulation is a guarantee of stability. However, you often discover that these attachments, instead of making you feel secure, become a source of distraction, greed or frustration. Pholus acts here as a catalyst that pushes you to question your relationship with money, possessions and the value of what you create: is it a quest dictated by fear or a conscious expression of your creativity? The challenge is to let go of the illusion that material things alone can fulfil your need for security, and to recognise that true wealth comes from a conscious presence, capable of giving meaning and value to your acquisitions. In this area of life, Pholus invites you to transform the pitfalls of greed or dissatisfaction into a path of humility and discernment, bringing you back to a more sacred experience of material things, not as an end in themselves, but as a reflection of your inner self.

With Pholus in the 3rd house, your relationship with communication, those close to you and everyday exchanges becomes an arena where the shift between the sacred and the profane plays out with intensity. You may

find that a word, a gesture or a remark uttered too quickly can have far greater consequences than you imagined, revealing the need for vigilance in your interactions. The ego may be tempted by distraction, superficiality or the need to be right, which distances you from your centre and can turn communication into a source of misunderstanding or tension. But Pholus invites you to make your exchanges a place of conscious presence: every conversation, every piece of writing or every encounter then becomes an opportunity to refocus, where words are no longer used to seduce, convince or fill the void, but to connect and open up to a deeper understanding. In this house, your challenge is to transform clumsiness or excessive speech into initiatory passages, becoming aware that your way of communicating can either disperse or, on the contrary, reveal the sacred that lies hidden in the simplicity of a well-chosen word or genuine listening.

With Pholus in the 4th house, your relationship with your roots, home and intimacy becomes a sensitive area where the shift between the sacred and the profane manifests itself in a marked way. Small choices related to your family life, habits or inner foundations can have profound repercussions, revealing how much your centre is called upon in this area. The ego can lead you to seek illusory security in conformity, control, or an excessive attachment to family traditions, thus distancing you from your true roots. However, every crisis or challenge experienced in your private sphere contains the possibility of an initiatory passage, a reconciliation with what truly grounds you. Pholus invites you to recognise that your roots are not only those of your personal history or your

home, but that they plunge into a greater depth: that of consciousness itself. Your challenge is therefore to inhabit your intimate life as a sacred space, transforming your family wounds or inner anxieties into opportunities to root yourself more authentically in the present.

With Pholus in the 5th house, your way of expressing yourself, creating and loving becomes a terrain where the interplay between the sacred and the profane reveals itself with particular intensity. Every creative gesture, every emotional relationship or every initiative aimed at promoting yourself can have unexpected and disproportionate consequences, confronting you with the need to remain centred. The ego may seduce you with the search for recognition, pleasure or external validation, but these quests expose you to distraction and frustration. However, your experiences in the areas of love, art or education can also become true initiations, bringing you back to an awareness of what within you seeks to express itself in an authentic and connected way. Pholus invites you here to transform your creations, your loves and your games into opportunities to connect with a deeper dimension, where the act of expressing or sharing is no longer a promotion of the ego but a path to celebrating the sacred in life itself.

With Pholus in the 6th house, your relationship to work, health and daily organisation becomes a testing ground where the smallest choice can have greater repercussions than it seems. A word spoken to a colleague, a seemingly insignificant decision in your daily routine, or a habit related to your health can have disproportionate effects,

showing you how essential vigilance is to staying centred. The risk is giving in to the lure of the profane by dispersing yourself in perfectionism, worry, or excessive control, to the detriment of your inner balance. But these same situations, if approached with awareness, can become opportunities for alignment and initiation, where service, attention to detail, and daily effort cease to be constraints and become a path to greater inner unity. Pholus calls you here to transform routine into conscious discipline and to live your commitments as ways of connecting the ordinary to the sacred.

With Pholus in the 7th house, your relationships become the privileged terrain where the shift between the sacred and the profane takes place. In your encounters, whether with your partner, associations or collaborations, small gestures or seemingly insignificant choices can take on disproportionate importance and transform the dynamics of the relationship. The danger is to give in to the profane by seeking to seduce, please or compromise yourself to avoid conflict, at the risk of losing your centre and becoming ly scattered in the eyes of the other. But every hesitation, every tension, can also be an invitation to return to your core to establish an authentic encounter, where consciousness takes precedence over projections and expectations. Pholus invites you here to make the relationship a place of discernment and growth, learning to preserve your inner balance while honouring otherness as a path to the sacred.

With Pholus in the 8th house, you are called to live experiences where the boundary between the sacred and

the profane is revealed through crises, intense bonds and profound questioning. In this field, a minor decision or impulsive gesture can have disproportionate repercussions on your intimate relationships, financial commitments or your relationship with shared power. You may be tempted to give in to the profane by allowing yourself to be caught up in the fear of loss, manipulation, or the desire for control, but each trial is also an opportunity to enter into an initiatory process that leads you to letting go and regeneration. Here, Pholus acts as a catalyst, pushing you to confront your dark side, to welcome transformation instead of fearing it, and to discover, at the very heart of crises, an opening to a sacred dimension that connects you to something greater than yourself.

With Pholus in the 9th house, you are confronted with the shift between the sacred and the profane through your quest for meaning, your beliefs, your travels and your relationship to the laws of life. In this area, a word spoken, a conviction adopted or an apparently insignificant encounter with the un al can have amplified repercussions, transforming your worldview. You may be tempted by the profane, seeking refuge in rigid certainties, excessive dogma, or the intoxication of a truth you would like to impose, but each fall reminds you that true openness comes through humility and integration. Pholus here invites you to make your philosophical and spiritual journey not an exaltation of the ego, but a space for conscious experimentation where your discoveries, travels and reflections become initiatory passages capable of bringing you back to your centre.

With Pholus in the 10th house, you are led to encounter the shift between the sacred and the profane in your relationship to your career, ambitions and social recognition. Here, a professional choice, a public decision or even a statement made in an official setting can have much broader consequences than expected, revealing the need to remain attentive and centred. You may be tempted by the profane, seeking to establish your worth solely in image, status, or power, but each fall reminds you that true elevation does not lie in external success but in fidelity to your inner axis. Pholus in this sector invites you to transform your social trials and professional challenges into initiatory opportunities, where your position in the world becomes the very place of your discernment and refocusing.

With Pholus in the 11th house, the shift between the sacred and the profane plays out in your friendships, your collective commitments and projects for the future. A simple choice of relationship, a word shared in a group or a commitment to a cause can trigger much greater effects than you imagine, revealing how much your presence in a collective requires attention and discernment. You may be tempted by the profane by seeking to blend in with common opinion, to please the group, or to chase unrealistic ideals, but these experiences remind you that the true meaning of your bonds is not in complacency or dispersion, but in the ability to remain centred while sharing. Pholus in this sector invites you to transform your relational disappointments and group disillusion into initiatory passages, so that your friendships and

commitments become spaces where you learn to combine inner freedom and solidarity.

With Pholus in the 12th house, the shift between the sacred and the profane plays out in your relationship to the invisible, to collective forces and to the underground movements of the psyche. Here, a simple withdrawal, a hesitation to open up, a decision to isolate yourself or give up can take on unexpected proportions, leading you either to lock yourself into repetitive patterns or to transform these trials into paths of awakening. You may be tempted by the profane, seeking refuge in oblivion, confusion or passivity, but each fall becomes an invitation to recognise the presence of a greater centre within you, capable of connecting you to a universal dimension. Pholus in the 12th house calls you to find in conscious surrender and acceptance of what is beyond you not a loss of self, but a silent initiation that makes you more present, more available and more connected to the essence of life.

Summary table of the forces and tendencies represented by each asteroid

Asteroid	Strength, tendency
Psyche	Metamorphic strength in the face of impermanence, the art of crossing irreversible thresholds, inhabiting impermanence without losing ourselves
Pallas	Force of strategic foresight, The art of seeing beyond apparent obstacles
Juno	Inner legitimacy, discovering what within us must be recognised
Vesta	The sanctuary of sacred fire, keeping alive a connection with the sacred dimension of existence

The function of asteroids compared to that of planets

In astrological interpretation, the planets form the basic framework of the natal chart. Each of them embodies a fundamental and universal force of the human psyche: acting, loving, thinking, feeling, dreaming, building, transforming... They outline our inner structure and our relationship to the world.

Asteroids, on the other hand, do not function in the same way. Their role is more subtle, more focused. They do not describe general impulses, but specific inner places, points

of refinement. Where a planet lays a pillar of existence, an asteroid illuminates an inner chamber, a secret passage, a unique tone.

Thus:

- **Psyche** does not express a global impulse, but the art of crossing irreversible thresholds and inhabiting impermanence.
- **Pallas** does not represent the intellect as a whole (like Mercury), but strategic clairvoyance, the vision that transcends apparent blockages.
- **Juno** is not relational love in the broad sense (like Venus), but the quest for inner legitimacy, the need to be recognised for what is essential within us.
- **Vesta** is not the solar fire of the ego or vitality, but the sacred fire that is kept in silence, an intimate and unalterable sanctuary.

One could say that the planets form the framework of the inner house, while the asteroids open up discreet but essential rooms, subtle spaces that add depth and nuance to our understanding of ourselves.

This is why studying them is not secondary, but complementary: it allows us to refine our gaze and grasp dimensions of ourselves that cannot be revealed by reading the planets alone.

Conclusion

As you have turned the pages of this book, you have travelled through the inner territories outlined by Chiron, Nessus and Pholus, three forces of rupture and refocusing that each mark, in their own way, the thresholds of consciousness transformation. Their presence in the chart does not reflect any external influence, but reveals the inner processes through which human beings learn to unify themselves. Chiron opens the breach and teaches shared healing; Nessus reveals inherited conditioning and calls for liberating lucidity; Pholus watches over the balance between the profane and the sacred, inviting vigilance of the centre. Together, they compose a dynamic of transition: wounding, deconditioning and refocusing are not three distinct stages, but three movements of the same impulse towards consciousness.

Through their signs and houses, these forces show where inner life strains, tears, transforms, and how each crisis can become a place of awakening. Mindfulness astrology does not see these as predetermined destinies, but as synchronistic mirrors: each configuration reflects a possibility for attention, an invitation to recognise the hidden meaning behind what unsettles us. Centaurs remind us that the path of evolution is not linear, but circular, made up of returns, falls and rebirths.

May you, through their study, recognise in your own experiences those subtle passages where something unravels in order to better unify, where fracture becomes an opening for and where imbalance prepares the birth of a

larger centre. May these three mythical figures continue to accompany you as silent guides, witnesses to the part of yourself that, even in the midst of the storm, knows how to refocus, awaken and remain faithful to consciousness.

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Centaurs in Astrology

Forces of Rupture and Refocusing

Centaurs occupy a unique place in astrological language. Neither major planets nor simple asteroids, they act as mediators between consciousness and instinct, reason and chaos, heaven and earth. In mindfulness astrology, they do not represent external influences, but internal forces of transformation: passages where the psyche destabilises in order to refocus.

This book explores three of these forces:

- Chiron, the inner breach and shared resilience,
- Nessus, the lucidity that frees us from conditioning,
- Pholus, the guardian of sacred balance.

Three forces of rupture and refocusing, which reveal how any crisis can become a threshold to consciousness.

